

## Are you healthy or not?

Answer "YES" or "NO"

1. Do you get up early?
2. Do you take a cold or a cool shower in the morning?
3. Do you always eat breakfast?
4. Do you exercise regularly?
5. Do you like your studies?
6. Do you avoid eating fatty, meaty food?
7. Do you relax regularly?
8. Do you go out regularly?
9. Do you sleep with an open window?
10. Do you get enough sleep every night?
11. Do you smoke?
12. Do you often drink alcohol?
13. Do you drink a lot sugary, fizzy drinks?
14. Do you drink a lot of junk food? (crisps, biscuits, salty nuts)
15. Do you often eat fast food?
16. Do you watch TV more than two hours a day?
17. Do you worry a lot?

Answers: from 1 to 10 "YES" = +1; from 11 to 17 "YES" = -1

POINTS:

- 9-10 – you are very healthy;
- 5-6 – you have an average health;
- Less than 5 – you have a poor health.

## Healthy food quiz.

True or False?

1. Bread and pasta make you fat.
2. Canned vegetables are useless. They contain no vitamins.
3. The most important meal of the day is dinner.
4. Everybody should drink 3 liters of water every day.
5. All sugary snacks are bad for health.
6. Snaking between meals is always bad.
7. It's very healthy to skip meals.
8. Chocolate is good for teeth.
9. Your brain needs sugar and fat.
10. Vegetarian diet is unhealthy.
11. Fish is very good for your brain and bones. You should eat fish at least twice a week.
12. If you want to be slim you should eat less more often.
13. If you want to lose weight you should reduce the number of calories in your food and exercise regularly.
14. You can eat at McDonald's twice a week, it won't hurt you.
15. All salads are low in fat.

ANSWERS:

1. No, it's a myth.
2. No, they are still good for health, but fresh vegetables are much better.
3. No, it's breakfast.
4. It depends on your weight.
5. True.
6. No, it depends on what you eat. Fruits and vegetables are OK.
7. Not at all.
8. True.
9. True.
10. If you don't eat enough proteins (nuts, beans).
11. True.
12. True.
13. True.
14. Better once a month.
15. No, it depends on the dressing (olive oil, mayonnaise).